1. **Upper Valley Senior Center**  
   General exercise  
   10 Campbell Street  
   Lebanon, NH 03766  
   Chair Exercise for Seniors.

2. **Bugbee Senior Center**  
   Strength training  
   262 North Main Street  
   White River Junction, VT 05001  
   Must sign up in advance; call for updates to class sessions & times.

3. **Andover Community Church**  
   Bone Builders-Strength training  
   928 Weston-Andover Road  
   Andover, VT 05143

4. **Brownsville Town Hall**  
   Bone Builders-Strength training  
   22 Brownsville-Hartland Road  
   West Windsor, VT 05089

5. **Cavendish Baptist Church**  
   Bone Builders-Strength training  
   2258 Main Street  
   Cavendish, VT 05142

6. **Damon Hall**  
   Bone Builders-Strength training  
   1 Quechee Road  
   Hartland, VT 05048

7. **Olde Windsor Village**  
   Bone Builders-Strength training  
   65 State Road Windsor, VT 05089

8. **Thompson Senior Center**  
   Bone Builders-Strength training  
   99 Senior Lane  
   Woodstock, VT 05091

9. **Martin Memorial Hall**  
   Bone Builders-Strength training  
   5259 US-5  
   Ascutney, VT 05030

10. **Bugbee Senior Center**  
    *Tai Chi*  
    262 North Main Street White River Junction, VT 5001  
    Must sign up in advance; call for updates to class sessions & times.

* Top Choice: Research tested and demonstrated to be effective for fall prevention
   This is a program created and sponsored by the National Institute on Aging at NIH. Check the website for videos and descriptions of exercises for strength, balance, and flexibility. You can order a free DVD, exercise book, and a “Workout to Go” poster that includes planned exercise routines.

12. *Fallscape*- Home-based falls education
   Call 802-863-7227 for a FallScape appointment or information.

   Fallscape is offered statewide by VT Department of Health and includes:
   A falls screening, 1-hour session with a trained volunteer in your home or location of your choice, weekly follow-up calls for 3 weeks, 1-hour follow-up session, monthly check-in by phone

   **For More Information**

   **Call The Senior HelpLine:** (800) 642-5119

   8:30 am to 4:30 pm

   One call to the Senior HelpLine can provide you with the answers you need about the resources and programs that support your health and independence

* Top Choice: Research tested and demonstrated to be effective for fall prevention